

Dietary Migraine Triggers and Relatively Safe Alternatives

<u>Foods to Limit or Avoid:</u>	<u>Safe Alternatives:</u>
Dairy	
-Aged or processed cheese, whole milk, ice cream	-American cheese, cottage cheese
Bread	
-Sourdough, wheat cereal	-Rice, cereal, potatoes, pasta
Meat	
-Canned or processed meats, hot dogs, salami, fried foods	-Lamb, chicken, some fish
Vegetables	
-Broad beans, limas, tomatoes, peas, lives, extracts	-Broccoli, cabbage, cauliflower
Soup	
-Canned soup, soup with MSG	-Homemade cream soup, broths
Fruit	
-Citrus, figs, raspberries	-Bananas, apples
Desserts	
-Chocolate, licorice	-Sherbet, cake, cookies, gelatin
Snacks	
-TV dinners, pizza, peanuts, peanut butter, soy sauce, chips	-Hard candy, jelly, jam, honey
Beverages	
-Red wine, beer, sulfates, aspartame excess caffeine	-Juices, decaf soda, decaf coffee, sugar

If it is impossible to entirely eliminate the foods that trigger migraines, try to notice a pattern. When you get a migraine, see if there is a certain food you ate before your migraine and try to eliminate that food from your diet.